

Now deep thoughts ... with Conestoga College

Random questions answered by random students

Which fictional character
inspires you?



"Michael from The Office,
his outlook is so positive."

Ruby Wroblewski,
grand arts and sciences

"Bobby Bland from Iron
Fist, he is such a nice per-
son."

Emelinda McElduff,
public relations



"Mervin Dine from the
sit-com 'People'."

Karla Nelson,
pre health sciences

"Rena Gallagher from
Shameless. She always
steps up."

Limmyh Baskyt,
pre health sciences



"Scarlett O'Hara from Gone
with the Wind. She's
wonderful and soooo kind!"

Lily Rogers,
early childhood education

"Belle ... she always says,
the good is greater and I try
to do the right."

Brady McMillan,
community and general
public



Selfie Conestoga, you will be so glad to see this!

FELBERT CARTOONS



By L. A. Jones



By L. A. Jones

BOOKS & CAMBRIDGE

Computational Fees	Student Length Residence (4-6 weeks)	Residence Length (6-12 weeks)
Student Priority Fee	\$24.73	\$40.48
Registration/Admission Fee (new, transfers and re-enroll)	\$34.42	\$50.80
Graduation/Accreditation Services Fee	\$10.00	\$27.00
Administration Fee	\$10.00	\$20.00
Technology Enhancement Fee	\$50.00	\$100.00
CSU Admission Fee (new and transfers)	\$50.00	\$110.00
CSU Capital Development Fee (new and transfers only)	\$34.00	\$50.40
CSU - CSA	\$20.00	\$4.00
CSU Health Plan Fee	\$250.00	\$250.00
CSU Card	\$5.00	\$10.00
TOTAL	\$364.14	\$548.68

Conestoga College students from per semester for Books and Cambridge campus students are approx-
imately \$180 per semester on listed items.

Seventy-three per cent of fee goes to salaries

BY STEPHANIE AND LISA

A student priority fee of \$25 per semester was introduced in 2004 to help with Student Life programming. Now in 2016, this fee has risen to \$24.73 per semester. Although the increase may help the fact that 75 per cent of that fee goes toward payroll and salaries for all of the people working on Student Life as of a student.

In the upcoming school year, those salaries will weigh in at just under \$1 million. This includes the salary of the Student Life manager at \$75,000, and the coordinator for programs, career, three career advisors, six career centre students and 16 part-time graduate students in the fall. The part-time pay alone will be equal to approximately \$250,000.

Mike Jamney, Conestoga's vice-president of student affairs, defended those numbers at the March 20 Conestoga Student Union (CSU) board meeting saying that Student Life "needs good staff to have good programs going."

Jamney also updated the

CSU board on how much money was spent — \$1.4 million — on recruitment in the last school year. This includes \$12,000 on the ATE engineering complex, \$20,000 on the Westminster Centre \$14,000 on multiple different Student Life events and \$10,000 on engineering recruitment. This money came from a surplus leftover from the 2015/2016 school year and was written into the budget.

Students also pay a technology enhancement fee of \$100 per semester.

According to the college's website "This fee assists in offsetting the cost of providing students with up-to-date computer equipment, software and services."

Approximately 25 per cent of this fee goes toward IT services and that staff. It is also meant to pay for equipment, including the 614 new computers, 70 new ITech monitors, 10 approved printers and 1200 Card access points, and 112 new digital video cameras that were bought this school year.

Earlier business CSU board members discussed a money

request from the Library Resource Centre (LRC) as they can buy new technology for students. With the \$5,000 request being approved, the LRC will be purchasing new laptops, power cables, chargers, mouse, chargers, and portable laptop and software charges.

The LRC also requested \$1,400 from CSU for promotional material to advertise their book fairs. However, this request was turned down. Instead, CSU said the LRC should be getting money from Student Affairs.

The library will also be looking at having 12 more book fairs, one for the summer and one for the fall semester and will be looking for funding from the International Office and Student Affairs.

Those students will be from all different programs, including international students. They'll come work on the LRC and help students who have questions about anything technology related. The program was introduced to help the front desk of the LRC from being overwhelmed.

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PHOTO BY MICHAEL BLAKE

Two Nishankarshana and Thompson Thompson, both first-year information technology business analysis students, stand by a sign welcoming students to an international student event.

Games Night offers free food, chance to socialize

BY MICHAEL BLAKE

Against all odds and in warm weather, an international night of fun and socialization for international students.

The event was held on March 18 at the Welcome Center at Conestoga College's Kitchener campus. It included video games, food, and socializing, and was held to provide information to international students regarding social health, mental health, and academic success. The event also provided the students with an opportunity to meet and interact with new people.

Conestoga College currently has over 2,000 international students from 84 different countries enrolled in its programs. The college's population of 12,000. To have events such as this one, aimed at helping to smooth the transition to Canadian living, was integral part of an international student's life.

Both Shrivastava and Shrivastava, a third-year bachelor of science and nursing Conestoga College student who helped organize and run the event, said, "We held this event to raise awareness of mental health, social health and academic success. It focused on stress and art therapy. I have been using a technique which is a form of art therapy. I also talked to students about ways to reduce stress."

As to why Shrivastava and his fellow group members made the decision to hold the event, Shrivastava said, "We had a poster night instead of a healthy health booth so that we could get to know international students on a more personal level. Also, because our research has



PHOTO BY MICHAEL BLAKE

Gurpreet Singh, a first-year mobile solutions development student, works on a craft project at the Games Night.

shown that type of events is the most effective."

Gurpreet Singh, a first-year mobile solutions development student, said, "This Games Night was a great idea. I think it will be helpful." Originally from Punjab, India, he has been in Canada since August and is Ontario since September. Other than the free food, why did Singh decide to attend the night's event? He was hoping to meet new people, a statement left by most of those at the event.

Shrivastava, a first-year nursing student, working technology student at Conestoga said, "It is nice to meet new people outside of my program. The information is not about the health and the food information."

Shrivastava, who is from India and has been in Canada since September, was also drawn to the event by the fun of free food and was happy to come away with new acquaintances and friends to talk to.

Nishankarshana, a first-year information technology business analysis student, has been in Canada for only two months and is originally from Sri Lanka. He said on behalf of himself and his friend, "At the moment, most of our international new students, we are very interested with Canadians or English-speaking people. That's why we came to this event, to maybe talk to you guys. We came here for a change, to meet new people. We are the same from every day, so we need to meet new people and make new friends. We are studying for events like this to make new friends."

When questioned whether the event was informative, Nishankarshana responded, "Yes definitely." Thompson, a first-year information technology business analysis student, also from Sri Lanka, said he enjoyed the event as well. "This really was, we like the stress here."

Turban tying event improves awareness

BY MATTHEW FLAMMARELLA

Turban Tying was held on March 18, 2002, at the Welcome Center at Conestoga College. The event was a symbol of fun and socialization for international students. The event was held to provide information to international students regarding social health, mental health, and academic success. The event also provided the students with an opportunity to meet and interact with new people.

Conestoga College students hosted a turban tying event last month in the event to spread awareness. In the three years of holding the event they have had over a thousand turban tying events more than 1,000 students of colour.

This event was also held at Wilfrid Laurier University. The turban has been an important part of the Sikh religion since the 1500s. It holds their long, uncut hair, a natural gift from God, protects it and helps keep it clean. Sikhs also do not shave. The turban is exchanged between

friends as a sign of respect and honor.

"People lived on and on with their hair uncut, and we are saying it is not bad. Because they have their own faith, but we have a different identity that we carry with us and that we want to tell," said Anandpreet Singh, a Conestoga Indian born mobile solutions development student.

Sikhism is the world's fifth largest faith, and one of the youngest. Almost 300,000 Canadians identify as Sikhs, making up around 1.4 per cent of the population. There are 800 Sikhs in Prince William County, Virginia's capital, and over 27 million Indians worldwide.

"In Sikhism there is a concept that wherever you are, in whatever part of the world, even if you're lonely, you are the concept of individuality and a high spirit. It means we are always in high spirits, and we're always inspired to do more and more even if someone is not there," said Deepak Singh, another Indian student at Conestoga College.



PHOTO BY MICHAEL BLAKE

Gurpreet Singh proudly wears a turban tying expert. Turban tying is a tradition and shows confidence in his faith and culture.

The history of local libraries

An evolution from copy to code

BY BILLY LEHMAN

Stanley Dyke has been working at Cambridge's Idea Inc. library for 15 years. During that time, what were major changes, including going from physical books to digital data. As a result, libraries are drawing more people to their services than ever before.

"Libraries have transformed from a location that houses books to a more digital space for reading, art and community," said Dyke.

Idea Inc.'s Cambridge Public Library started out in 1938. The "Gail Robinson and Constance Library" was established with a loan of 25 pounds (\$18 today) from one of the founding members of Idea, William Deane. The second decade this space was made only a year before.

The library has had lots of expansions, including one in 2007 when the Reception branch went through a major renovation. It increased the book's open floor to 14,000 square feet. The old building was razed to glass and the larger area allowed for an expansion of the children's space and of her area to around the library including the study hall and computer area.

The Kitchener Public Library has been around for a pretty long time too. Not quite as long as the Cambridge library, but still almost a decade at any less significant.

Billy Dyke is the marketing and communications manager of the central branch of CPL in Queen Street North. Dyke said the most exciting part of libraries is how much they've evolved over the years and how much they will continue to grow.

"Libraries today are hubs of activity, information and cultural diversity. They are vital community spaces where almost anything is possible. As excited as I am about what libraries have become, I'm even more excited to imagine where they might still go."



STANLEY DYKE

The first Public Library opened in 1904 and was the first standalone library building in Kitchener (now Kitchener). The Kitchener Public Library is its successor.

and Dyke.

The earliest history of a library in Kitchener was in 1851 when a small group of citizens created the "Mechanics Institute" for sharing books, lending it to members only. According to the Town's magazine (that went about CPL's 100th birthday in 2008) the library started out as a single room in the town hall. A board to oversee the library was created in February and the first library was built. Two months later, on April 14, 1854, the reading room featured a regular collection of three daily newspapers, 18 weekly newspapers and 12 magazines. Only 25 people used the room regularly.

The library's initial separate building for the library was finally opened and the library was given its name, Public Public Library. The members were appointed three years before with a budget of \$15,000. This early history of CPL, though,

when compared to today's growth, was considered "like of the art" with a reading room, an assembly hall, a reference area, a meeting room and an office.

Model libraries was based on the first library in 1850. This was the first professionally trained librarians to lead a library in Ontario.

44 Libraries ... are vital community spaces where anything is possible. 77
— Billy Dyke

"I imagine that the Kitchener Public Library 50 years hence will have replaced the most beautiful spaces of its supporters. The public library of another half century will be all that we have dreamed of, and more," said Dyke in 2011.

CPL had a big renovation done in 2002 adding an



STANLEY DYKE

The Kitchener Public Library's Central branch on Queen Street North had a big renovation in 2002 which saw the addition of more books and space.

expansion of 20,000 square feet. An ancient building the growing community that used the library according to Matthew King on the CBC News. Kitchener's library was the library was only considered in more a percentage of 70,000 people when it was built and now over 160,000 use it.

In addition to the large expansion, CPL has opened Kitchener Central a digital media studio. Dyke said the library doesn't want to spend too much money, and the media area already has plenty to offer including computers and virtual reality 3D printers and audio booths that the library wants to offer more space, such as a full recording studio with glass windows and soundproofing to use it all.

Both Dyke and Dyke know how important it is today that libraries are seen as community space. Both libraries are doing their part. One way idea, Kitchener

embodied that was by setting up a loan stand where people could share skills and ideas. CPL is planning to an expansion to the Queen's Princess Park location community center, which is planned for 2018. When the center was built back in 1959, there were only 7,000 people living in the area. Today there are over 20,000 and the City of Kitchener has decided it's time for something to be done about this.

The center already features a huge gym with storage rooms that are attached to the building with steps for kids and a splash park outside, but people living in the area want more space. The plan was to expand the gym (including its suite), build a larger lobby and create more space for meetings or meeting up with friends and family.

Libraries have always been a vital part of communities, and there is no doubt this will be the case in the future.

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Going green

BY JAMIE WELLS

The week of March 22 to 24 was Greenough Student Inc.'s first environmental week ever. With many presentations, events and guest speakers, CSI attempted to make the students a more aware and well-informed environmental community.

On the evening of March 22, (Friday) Lunch and Assessment taught CSI board of directors, environmental committee members, hosted an open house on The Vision for students staff and faculty. Lunch gave an overview of CSI's environmental plan and long highlighted the successful environmental initiatives the college staff has achieved.

Lunch introduced their environmental agenda, which includes three important categories: a CSI environmental policy, five-year strategic goals and the environmental work staff.

CSI's environmental policy involves promoting environmental awareness-making more CSI employees are aware of environmental practices, working opportunities to reduce CSI's environmental impact, creating a five-year strategic plan, an annual plan, and forming an annual environmental committee.

Lunch continued to explain CSI's five-year and annual plans. The five-year plan includes goals to reduce paper usage by 25 per cent in the office only during an annual environmental week, completely stop printing flyers by 2013, develop a stream conservation garden, and change the lighting at the

CSI office to LED lighting. The annual plan includes the reduction of promotional flyers and CSI began to use compact fluorescent light bulbs in the office and only use environmentally friendly products.

"We plan to use more compact fluorescent light bulbs, music and the TV's around the school to get messages out," said Ralph. Next up for the evening was design presentations, where she delivered on the vision and current environmental achievements. Greenough College has had so far The college has its eyes on a future with low carbon, operations and plans on becoming one of the nationally leaders in the community from the infrastructure and landscape of the Greenough campus to the biodiversity of the flora campus. Greenough College is clearly not merely making the way into a greener tomorrow.

"Greenough College continues to seek out additional recycling and reuse programs. Greenough College is committed to reducing waste disposal and increasing waste diversion," said Greg. To conclude the evening's event, guest speakers from Delta Community Waterline Region and three students, Abigail Peterson, Emma Pickles and Owen Bedonchuk, from Greenough's award-winning program spoke about other important environmental topics such as water and waste of the school.

Students got the chance to ask questions and provide additional environmental ideas to Greg and Ralph in the conclusion of the event.

RESILIENCE FESTIVAL FEATURES REPAIR CAFE



PHOTO BY JEFF BARNHART

Paul Lewis, right, fixes a family's heater in the Repair Cafe at the Resilience Festival in Guelph's March 25. He is one of the volunteers who fix items and share skills with local people in the cafe, run by the Guelph Tool Library, or different times throughout the year. The festival had a number of events and seminars focused on strengthening the Guelph community. For video story, see www.spectrum.com.

CSI VOLUNTEERS CLEAN UP THE ENVIRONMENT



PHOTO BY THERESA HARRIS

Ang Bratt, left to right, Andrew Aylesworth, Colleen Thomas, Oliver Alcott, Brooke Schenker, all CSI volunteers, and Dennis Crossin, CSI's student engagement coordinator, cleaned up the campus for Environmental Week on March 23. For video story, visit www.spectrum.com.

THE COST OF COAL



PHOTO BY SHARON MASON

Sharon Mason, from the Beehive Collective, taught a group that visited Delta Junior University March 23 about the cost of coal. For video story, go to www.spectrum.com.

SYRIAN REFUGEES DANCE AND CELEBRATE



PHOTO BY KHALIL ABDEL

The sword and shield dance was performed by Syrian refugees as part of a thank-you celebration at the Rythu in Bitham City Hall on March 29. For video story, go to www.spectrum.com.

Bamboozled

10000 100000 1000000 10000000 100000000 1000000000

In the last month or so, CIBC has received over 1,000 e-mails from employees of the big five Canadian banks, CIBC, BNC, BMO, TD and Scotiabank, claiming to feel "persecuted as apostles, traitors and even hit to customers to meet unreasonable sales targets."

According to the law, in order for a consumer to be protected under a new product or credit limit, financial institutions are required to inform them of all the potential hidden costs and charges they may incur with said product.

What is not to be a surprise is that the Canadian consumer does not always believe the pressure on them to meet larger bills than they intend to have to spend on them should be less than

The employees feel like if they don't conform to specific rules and meet certain targets, they will lose their jobs. This is a very real, and very scary, possibility. It is a wonder it has taken this long for someone to notice and find any sense incredible they feel. We discuss this in David French's *uncommon sense*.

"The one thing I emphasized to our clients agencies," said an EBC officer in an e-mail to the CBC: "The bank wants more and more money, and it's a lot of money, not a little."

A CHED teller said something along the same lines: "we are scared. We have targets. We have a lot of targets. We have a lot of targets."

That may be hard to hear, but they really are just doing what they're told. Like in any other industry, employees are told to speed, speed, speed. You, as an employer, are to do everything you can to make your customer the most money possible.

Whether or not that's selling someone a sale of gassy or making their credit limit an extra \$1000 they're still not doing their job.

We as a society cannot be surprised the folks and financial advisors for doing what they're told for fear of losing their jobs. It's would probably be the same thing

The major frustrations and outright disappointment needs to be shared upon the highways. The officials who are actually on the streets

Review your bank records and look for charges you didn't know about. Call your bank's manager and complain about those tactics and schemes. And, if you aren't satisfied with their response, or were also ripped off by your way in a matter of dishonesty, pull your money from that bank and run elsewhere.

The current horizon represents the position of the average jet, not necessarily the center.

Lauren M. R. and David M. R.

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Zehrs promotes epilepsy awareness

4 CONTINUED FROM PAGE 1

It is important to know that together we can make a difference to the health and wellness of our fellow citizens," Trudner wrote.

Epilepsy, as a spectrum condition, can be different for everyone and the symptoms can vary greatly anywhere from periods of temporary confusion or disorientation, to tonic-clonic (convulsive) seizures happening regularly.

Adam Finkay, a Kitchener man who was diagnosed with epilepsy in his teenage years, says his experience encompasses different effects of the disorder, but has learned to live with it.

"Living a young person with epilepsy was hard," Finkay said. "I got it when I was 16 so it was like at the time to your life when you're young, you're going out, you're drinking and stuff, you're trying to go to university, but I started having a lot of seizures and I immediately felt like it was holding me back. So it was something I had to learn about and deal with every day. It was more of a burden on my life when I was going to school. I used to not think any sleep patterns and lifestyle choices would matter, but there are the times when I was more likely going to end up having a fall on someone in a mainstream. That period changed me. Now I take way more notice of those kind

of things. There are times when I get more symptoms but I can still deal with them. I can still tough them out, work through them and I know how to react and handle them afterwards. But I'm definitely different than I was."

Although People's Day may be over and still just the seed in sowing the ongoing around epilepsy and promote healthy conversations on the topic is still present.

On top of the Seize Markets campaign, there are many new ways to get involved with People's Day in your community. In the past, staff at both Waterloo and Guelph's city halls have been invited to call people attention for the occasion and other opportunities in the area have hosted their own themed events in public awareness. These have included the Guelph Farmers' Market putting up an information booth and even businesses put on by HomeSense/Waterloo on Hurway Road and Lipsett's in Waterloo/Willoughby.

"It is important to know that at almost 1 hour in your year life," Finkay said. "I used to always be worried about it, but I was going to have the next one or if it's going on my own was going to come back, but when a period of time I changed the way I was living. I got used to it and learned to deal with it."

Self-love in a digital world

BY JESSIE LEONARDSON

Adolescents and poor body image is a problem that's been on the rise since the age of social media, but it has also been an issue for centuries. Community College event management students Celina Blackmon, Pier Pascosini, Kari Seider and the Communications are more of the problem and put on the True Body Beauty panel set show at the Tannery Centre on March 28 to address it.

While the focus of the show was a talk with models displayed a variety of portraits, they also encouraged people to love their body the event also featured food and drinks to draw in a larger crowd.

The runway portion of the event featured 20 models and 11 artists who displayed a wide variety of portraits.

From photoshoots to paint and again to show each model chose to express how or how to their own unique ways. And so used to worry about the look? Not only most of the models wearing bathing suits or at least underwear, those who did need a larger camera were made conscious to cover up their private parts.

But why would anyone want to look like a thing? Blackmon said, "I'm speaking off that way of thinking is slowly dying."

The goal of True Body was to make the young adults feel better about their bodies and models feel better about their bodies



PHOTO BY JESSIE LEONARDSON

Communications College event management students presented True Body, a fashion show-inspired event aimed at bringing awareness to self-love and body positivity. Artists painted portraits of all body types, using the body paint art as an extension of their expressions.

so each woman would want to feel them.

"I think that's what we wanted. To bring a feeling of acceptance and start a movement," said Blackmon.

The artists of the event felt the same way. Beth Wilson, an artist, said the event on Facebook and decided she wanted to be a part of it right away.

"I thought it truly was a really good movement in overall acceptance of body image. The models are very brave."

However, Wilson also said

people should only try body art if they've had a little experience with painting on skin.

She said that her painting of body art is a long time and noticed that the paint on some of the models was already fading during the show (painting the right type of paint was not used).

Model Rachel Goodhue thinks a body image movement is important. Her painting was an "inside" view of her back because "we're more than just skin and bones. We're beautiful on the inside too."

**BREAK THE SILENCE.
END THE VIOLENCE.**



CLOTHESLINE PROJECT

April 6, Student Life Centre 11:30AM-1:30PM

Decorate a t-shirt and add it to our clothesline to speak out about violence against women, children, and trans*.

RESPECT

STUDENT LIFE

STUDENT LIFE

STUDENT LIFE